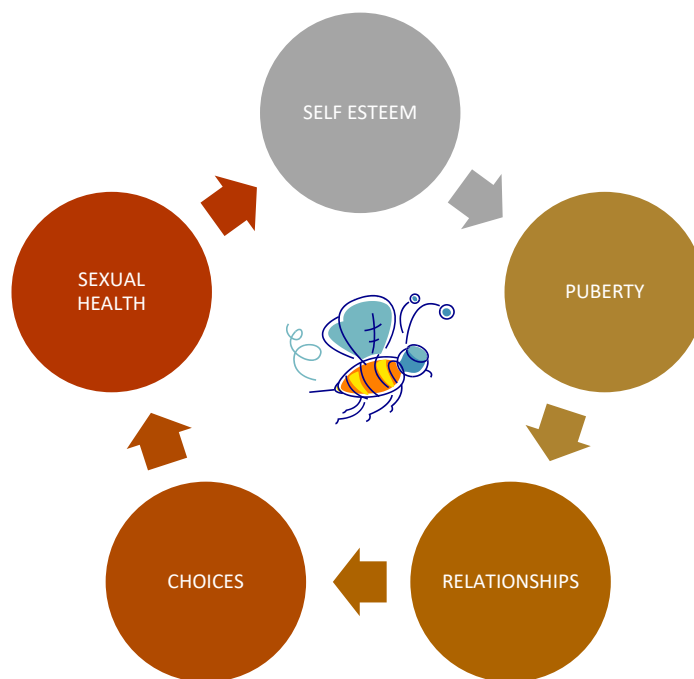


# SHARE

## Sexual Health And Relationship Education



## Secondary service level agreement

SHARE

Les Ozouets Campus

St Peter Port

GY1 2UB

Tel 733072

email: [share@gov.gg](mailto:share@gov.gg)



## Sexual Health and Relationship Educators

Les Ozouets Campus  
St Peter Port  
GY1 2UB  
Tel 733072

email: [share@gov.gg](mailto:share@gov.gg)



Delivering SRE lessons to Bailiwick students in years 5 – 11  
and some post 16 students



Resource centre for all your PHSCE needs and topics  
relating to SRE and growing up



Advice and support to all staff, parents and professionals  
working with SRE and young people



Inset training, staff meetings and workshops



Providing presentations and displays and workshops for parents and  
other partners

# Sexual Health and Relationship Education

## SESSIONS DELIVERED BY SHARE

### YEAR 5

#### 2 sessions

- Pupils will understand some ways to stay safe and healthy and the importance of good personal hygiene.
- Introduce the concept of puberty and promote a healthy attitude towards growing up and identify who to ask for help (gender split).

### YEAR 6

#### 3 sessions

- Emotions, self-esteem and growing up.
- Body changes at puberty, coping with them and accessing help and advice.
- Baby in the family.

### YEAR 7

#### 2 sessions

- Extend prior knowledge on emotional and physical changes at puberty and related issues & where to access help & advice (gender split).
- Expand prior knowledge on conception, foetal development and birth, parenthood and family responsibilities.

### YEAR 8

#### 2 sessions

- Healthy relationships, sexuality, consent, exploitation and abuse.
- Pressures on teenagers to have sex and consequences of unintended teen pregnancy.

### YEAR 9

#### 3 sessions

- To explore choices and consequences of a sexual relationship, consent and the law, and to understand that abstinence is a choice.
- Keeping safe in a sexual relationship and accessing help and advice.
- To provide up to date information on HIV and Chlamydia and to promote a safe attitude towards sexual health.

### YEAR 10

#### 3 sessions

- Healthy relationships and contraception suitable for young people.
- STIs diagnosis and treatment and where to access help and advice
- To explore unintended pregnancy and the options available and where to obtain help and advice

### YEAR 11

#### 3 sessions

- To raise awareness of some male and female cancers, being body aware and know where to access help and advice. (gender split)
- Healthy relationships, risk taking, and sexual health update. Help & advice
- The effects on relationships - in a digital world, including pornography and sexting.

### POST 16

- 1 **Session** Sexual health and relationship update

# Sexual Health and Relationship Education

**SESSION TITLE: YEAR 7 BOYS PUBERTY**

## LESSON AIM

To extend prior knowledge on the emotional and physical changes during puberty, & discuss concerns about puberty and related issues.

## OBJECTIVES

- Pupils will improve their knowledge of the male reproductive system.
- Pupils will learn about the physical and emotional changes experienced during puberty, and associated gender issues.
- Pupils will learn to cope with personal issues, hygiene and where to access help and advice.

## STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Round or brainstorm on changes at puberty*
- *Activity/ cards /group work on physical and emotional changes ahead, body image and the positives of growing up*
- *Male anatomy & physiology with posters on smart board*
- *Film clips on puberty/growing up*
- *Question time and where to access help & advice*

## RESOURCES

Year 7 boys pack, posters, puberty activity cards, film clips & leaflets.

## PARENTS

For more information go to:

website: [www.gov.gg/SHARE](http://www.gov.gg/SHARE)

email: [share@gov.gg](mailto:share@gov.gg)

Tel: 733072

# Sexual Health and Relationship Education

**SESSION TITLE:**                      **YEAR 7**                      **GIRLS PUBERTY**

**LESSON AIM**                      To extend prior knowledge on the emotional and physical changes during puberty, menstruation management, and related issues.

## OBJECTIVES

- Pupils will improve their knowledge of the female reproductive system.
- Pupils will learn about the physical and emotional changes experienced during puberty, and associated gender issues.
- Pupils will feel confident toward menstruation management, personal hygiene and related issues and know where to access help and advice.

## STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Round or brainstorm on changes at puberty*
- *Activity/cards/group work on coping with puberty changes*
- *Anatomy& physiology revised with posters on theSmartboard*
- *Menstruation management and film clip about coping at home and at school*
- *Body Image and a brief discussion on the positives of growing up*
- *Question time and where to access help & advice*

## RESOURCES

Discussion cards and posters, body image pictures, film clips, pads (reusable and disposable) and tampons, leaflets.

# Sexual Health and Relationship Education

**SESSION TITLE:                    YEAR 7            REPRODUCTION**

## LESSON AIM

To expand prior knowledge of conception, foetal development and birth, relationships within parenthood and family responsibilities.

## OBJECTIVES

- Pupils will further their understanding of conception, foetal development and birth.
- Pupils will learn about parenting, including the father's role, and the importance of planning a family.
- Pupils will identify where to obtain medical help and advice.

## STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Round/activity or discussion on parenting considerations, families and fathers role.*
- *Male & female anatomy & physiology revised.*
- *Conception, foetal development and birth with posters and models & reproduction film*
- *Questions/discussion*

## RESOURCES

Foetal models, reproduction film, activity/cards on parenting.

# Sexual Health and Relationship Education

**SESSION TITLE:                    YEAR 8.1      HEALTHY RELATIONSHIPS**

## LESSON AIM

To develop understanding of different relationships and pressures on teenagers to be in a sexual relationship.

## OBJECTIVES

- Pupils will be able to identify some qualities needed for a healthy relationship.
- Pupils will learn the importance of love, respect and commitment in a sexual relationship, the law and consent.
- Pupils will learn that abstinence is a choice, and identify some good reasons for young people to delay having a sexual relationship.
- Pupils will know who to ask for help and advice.

## STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Brainstorm Healthy relationships and what does sex mean?*
- *Healthy relationships film clip,*
- *First sex film clip on pressures young people face*
- *Law and consent with Keynote & Film clips*
- *Where to obtain help & advice*
- *Questions/discussion*

## RESOURCES

Relationship activity( healthy relationships, unhealthy relationships, benefits in a relationship, benefits of being single and waiting).

### Films

Pressure to have sex stats film

Law – what age can I have sex,

Shazzam clip or Phone the basics of sexual consent film

Key note slides

Consent presentation

First sex stats

# Sexual Health and Relationship Education

## SESSION TITLE: YEAR 8.2 HEALTHY RELATIONSHIPS & TEEN PARENTS

### LESSON AIM

To identify, the pressures young people face to have a sex and some of the challenges teen parents could have.

### OBJECTIVES

- Pupils will be able to identify the qualities needed for good parenting including the father's role and planning a family.
- Pupils will learn and the importance of love and commitment in a sexual relationship, that abstinence is a choice, and list some good reasons to wait for sex.
- Pupils will know where to access professional help and advice relating to pregnancy and family planning.

### STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Brainstorm what parents need to think about before having a baby*
- *"Underage and pregnant" Film clips & Keynote slides*
- *Group discussion/activity on pressures on young people to have sex and the importance of planning a family and waiting for sex.*
- *Where to access help & advice*
- *Questions/discussion*

### RESOURCES

Relationship activity cards, film clips, Keynote presentation, leaflets.



# *Sexual Health and Relationship Education*

## **SESSION TITLE: YEAR 9.1 CHOICES IN A RELATIONSHIP**

### **SESSION AIM**

To understand the responsibilities, choices and consequences of sexual relationships.

### **OBJECTIVES**

- Students will learn the qualities needed for a successful relationship and understand some pressures young people might experience.
- Students will learn that abstinence is a choice and to take a responsible attitude when considering a sexual relationship.
- Students will understand the meaning of consent and the law regarding sex and young people.
- Students will know where to access help and advice.

### **STRATEGY**

- *Introduce self and session*
- *Ground rules*
- *Film clips on relationships the law and consent, slides % of teens in sexual relationships etc.*
- *APAUSE activity on the board – why do some young people have sex and what stops them?*
- *Clinics, help and advice*
- *Question time*

### **RESOURCES**

*Films, board markers, leaflets.*

## ***Sexual Health and Relationship Education***

**SESSION TITLE:    YEAR 9.2    KEEPING SAFE IN A SEXUAL RELATIONSHIP**

### **SESSION AIM**

Pupils will have the knowledge and skills to keep safe and healthy in a sexual relationship.

### **OBJECTIVES**

- Students will have knowledge of reliable contraception suitable for young people including emergency contraception.
- Students will revise signs of pregnancy and will learn about safe and effective condom use.
- Students will know where to seek professional help and advice.

### **STRATEGY**

- *Introduce self and session*
- *Ground rules*  
*Film clip on relationships, clips on teen pregnancy and reasons to wait for sex*
- *Year 9 Contraceptive posters, leaflets and cards in packs*
- *Condom demo and practise for mature students in friendship groups*
- *Where to access help and advice*
- *Question time*

### **RESOURCES**

*Films, leaflets info packs models and condoms, relationship posters.*

# Sexual Health and Relationship Education

## SESSION TITLE: YEAR 9.3 INTRODUCTION TO SEXUALLY TRANSMITTED INFECTIONS

### LESSON AIM

To provide up to date information about HIV and Chlamydia

### OBJECTIVES

- Pupils will learn about HIV & AIDS and know how HIV is transmitted and prevented.
- Pupils will have an understanding of how Chlamydia is diagnosed and treated.
- Pupils will learn where to obtain help and advice.

### STRATEGY

- *Introduce self and session with Educate & celebrate poster*
- *Ground rules*
- *Brainstorm STIs on the board/paper*
- *HIV presentation and film clip*
- *Chlamydia Film showing clinic visit*
- *Quiz on chlamydia testing and treatment*
- *Where to access help and advice*

### RESOURCES

*Board markers, HIV presentation, Chlamydia film, quiz, leaflets, (red ribbons in autumn term)*

# Sexual Health and Relationship Education

**SESSION TITLE:            YEAR 10.1    CONTRACEPTION**

## **LESSON AIM**

To expand prior learning of contraception and its effectiveness.

## **OBJECTIVES**

- Pupils will improve their understanding of sexuality and the importance of healthy, committed and safe relationships.
- Pupils will learn that there are choices and consequences within a relationship, and be reminded that abstinence is a choice.
- Pupils will learn about contraception including emergency contraception.
- Pupils will improve their knowledge of safe condom use and about the use of Emergency Contraception and its availability.
- Pupils will know where to seek professional help and advice locally and online.

## **STRATEGY**

- *Introduce self and session with Educate and Celebrate relationships poster*
- *Ground rules*
- *Relationships safe and healthy discussion cards*
- *Film clips on the Law and Consent*
- *Contraceptive matching card activity*
- *Clinics/help and advice*
- *Quiz*

## **RESOURCES**

Relationship card activity, contraceptive cards, condoms, models etc. leaflets.

# Sexual Health and Relationship Education

**SESSION TITLE: YEAR 10.2 SEXUALLY TRANSMITTED INFECTIONS**

## **LESSON AIM**

To provide information about the most common STI's and where to obtain professional advice and treatment.

## **OBJECTIVES:**

- Pupils will learn about the most common STI's and how they are transmitted.
- Pupils will learn about signs and symptoms of infection and that some STI's can have no symptoms.
- Pupils will learn that condoms & dams can help prevent transmission of STIs.
- Pupils will know where to obtain professional advice and treatment.

## **STRATEGY AND ACTIVITIES.**

- *Introduce self and session*
- *Ground rules*
- *STIs brainstorm on board or activity/discussion*
- *Film clip covering viral, bacterial and parasitic infections*
- *Condom demonstration/practise with models and condoms*
- *STI info packs in groups*
- *Clinics/treatment and accessing help and advice and*
- *Questions*

## **RESOURCES**

STI info packs, films, STI quiz, pencils and board markers, condoms and models, testing demonstration kit, leaflets.

# Sexual Health and Relationship Education

**SESSION TITLE: YEAR 10.3 UNINTENDED PREGNANCY**

## **LESSON AIM**

To explore unintended teen pregnancy and the options and support available.

## **OBJECTIVES:**

- Pupils will further their understanding of conception and signs of pregnancy.
- Pupils will understand that support and values are required for good parenting, the choices available and the importance of planning a family.
- Pupils will know where to obtain professional help and advice.

## **STRATEGY AND ACTIVITIES.**

- *Introduce self and session*
- *Ground rules*
- *Activity/discussion on parenting considerations*
- *Presentation on signs of pregnancy and the choices available*
- *Film clip on teen pregnancy and the difficulties they face.*
- *Where to access help and advice*
- *Questions*

## **RESOURCES**

Presentation, film, pencils and board markers, leaflets, foetal model

# Sexual Health and Relationship Education

**SESSION TITLE: YEAR 11.1 CANCER AWARENESS & SELF EXAMINATION**

## **LESSON AIM**

To raise the awareness of cancer, to highlight the importance of self examination and to promote a positive attitude towards sexual health.

## **OBJECTIVES**

- Students will understand the importance of making healthy lifestyle choices.
- Students will learn some signs/symptoms of cancer and that self-examination is one of the most effective ways to detect some cancers early.
- Students will gain an insight into the possible treatments and procedures related to cancer.
- Girls will understand the importance of the HPV vaccine, regular sexual health check-ups including cervical screening.
- Boys will understand the importance of protecting their testicles during some sports.
- Students will know where to go for help and advice

## **STRATEGY**

- *Introduce self and session*
- *Ground rules*
- *Warm up discussion on healthy lifestyles'*
- *Film clip/s on cancer awareness*
- *Examination techniques using film clips and models*
- *Sexual health reminder*
- *Where to access help and advice*
- *Quiz & question time*

## **RESOURCES**

Cancer Awareness film clips, leaflets, Quiz, models.

# Sexual Health and Relationship Education

**SESSION TITLE: YEAR 11.2 SEXUAL HEALTH UPDATE**

## **SESSION AIM**

To provide up to date information and encourage a mature attitude towards sexual health.

## **OBJECTIVES**

- Students will be able to state some important qualities in healthy relationships.
- Students will learn that sexual health could be compromised by influences such as low self-esteem, alcohol and the digital world.
- Students will know how to protect themselves from pregnancy and STIs and where to access professional help and advice

## **STRATEGY**

- Introduce self and session with the Educate and Celebrate poster
- Ground rules
- Relationship activity/discussion cards
- Film clips on alcohol/risk taking
- Alcohol specs activity with condom use to highlight potential risks
- Sexual health update/reminder
- Where to access help and advice
- Quiz

## **RESOURCES**

Paper and pens, film clips, specs activity, penis model and condom, quiz, relationship cards, leaflets



# Sexual Health and Relationship Education

## **SESSION TITLE: YEAR 11.3 HEALTHY RELATIONSHIPS IN A DIGITAL WORLD**

### **SESSION AIM**

To provide up to date information and encourage a mature attitude towards relationships and the digital world

### **OBJECTIVES**

- Students will be able to state some important qualities for a healthy relationship.
- Students will learn that sexual health and emotional well-being could be compromised by influences such as low self-esteem, peer pressure, media and the digital world, including social media sexting and pornography.
- Students will know how to cope with these pressures to be safe and know where to access professional help and advice

### **STRATEGY**

- Introduce self and session and Ground rules
- Relationships in a digital world – discussion - define 'relationship'
- Porn fantasy/reality card activity 'Fantasy Vs Reality' and effect of porn on relationships
- Pornography and the law, consent and child protection
- Film clips on the dangers of sexting pornography and addiction
- Body image i.e. shaved body hair/surgery and pressures to conform/Help and advice

### **RESOURCES**

Reality Vs Fantasy activity cards, Bish info, google posters, help and advice info.

# Sexual Health and Relationship Education

**SESSION TITLE:    YEAR 12.1        POST 16    SEXUAL HEALTH WORKSHOP**

## **SESSION AIM**

To provide up to date information and encourage a mature attitude towards sexual health.

## **OBJECTIVES**

- Students will state some qualities in a healthy relationship and know the law regarding sex.
- Students will learn that sexual health could be compromised by influences such as low self-esteem, pressure from others, substances, alcohol and the digital world.
- Students will know how to protect themselves from pregnancy and STIs. Know about signs of pregnancy, the local abortion law and where to access help and advice.

## **STRATEGY**

- Introduce self and session
- Ground rules
- Sexual health Quiz sheets to music
- Identify healthy relationships and see the Law and consent films
- Contraceptive reminder PP, Signs of pregnancy and local abortion law
- STI film or slide presentation and condom recap
- Porn and digital safety with film clips
- Help and advice/clinics update/reminder
- Qs & As

## **Resources**

Google drive films and posters, key note presentations, quiz sheets and leaflets, condoms

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